

**PHYSICAL FITNESS SCREENING STANDARDS
FOR POLICE OFFICER CANDIDATES AS MANDATED BY
NEW YORK STATE MUNICIPAL POLICE TRAINING COUNCIL**

<u>AGE</u>			
<u>MALE</u>	<u>SIT-UP</u>	<u>PUSH-UP</u>	<u>1.5 MILE RUN</u>
20-29	38	29	12:38
30-39	35	24	12:58
40-49	29	18	13:50

<u>FEMALE</u>			
20-29	32	15	14:50
30-39	25	11	15:43
40-49	20	9	16:31

SIT-UP: Muscular endurance (core body): The score indicated above is the number of Bent-leg sit-ups required to be performed in one minute.

PUSH-UP: Muscular endurance (upper body): The score above is the number of full Body repetitions that a candidate must complete without breaks.

1.5 MILE RUN: Cardiovascular capacity: The score indicated above is calculated in minutes: seconds. The run shall only be administered to individuals who have successfully completed each of the other two elements listed above.

